



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 01-24-12)

Visit us at www.fns.usda.gov/fdd

100354 – SWEET POTATOES, FROZEN, MASHED, 5 LB

CATEGORY	<ul style="list-style-type: none">Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none">U.S. Grade A, mashed sweet potatoes, golden, yellow, or mixed.
PACK/YIELD	<ul style="list-style-type: none">6/5 lb bags per case.One 5 lb bag AP yields about 9³/₈ cups cooked, mashed sweet potatoes and provides about 37.7 ¼-cup servings cooked vegetable.One lb AP yields 0.99 lb (about 1¾ cups) cooked, mashed sweet potatoes and provides about 7.55 ¼-cup servings cooked vegetable.CN Crediting: ¼ cup cooked, mashed sweet potatoes provides ¼ cup vegetable.
STORAGE	<ul style="list-style-type: none">Store frozen sweet potatoes at 0 °F or below, off the floor and away from walls to allow circulation of cold air. Stack packages tightly to prevent temperature fluctuation. Temperature changes shorten shelf life and speed deterioration.Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none">Frozen sweet potatoes may be prepared from a frozen or thawed state. To thaw, place bag in refrigerator 24-48 hours before use.CONVENTIONAL OVEN: Bake at 350 °F for 1 hour and 30 minutes until internal temperature reaches at least 135 °F. Add one or more seasonings, such as cinnamon, grated lemon rind, or grated orange rind. Add raisins or drained canned fruit before heating for more flavor.STEAMER: Heat in steamer at 5 lb pressure for 3 minutes or long enough to bring to serving temperature. Do not boil.

Nutrition Information

Sweet potatoes, mashed

	¼ cup (64 g)	½ cup (128 g)
Calories	64	128
Protein	1.09 g	2.19 g
Carbohydrate	14.98 g	29.95 g
Dietary Fiber	1.2 g	2.3 g
Sugars	5.87 g	11.74 g
Total Fat	0.08 g	0.15 g
Saturated Fat	0.02 g	0.03 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.35 mg	0.69 mg
Calcium	22 mg	45 mg
Sodium	5 mg	10 mg
Magnesium	13 mg	27 mg
Potassium	241 mg	483 mg
Vitamin A	13357 IU	26714 IU
Vitamin A	668 RAE	1335 RAE
Vitamin C	5.8 mg	11.6 mg
Vitamin E	0.49 mg	0.99 mg



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 01-24-12)

Visit us at www.fns.usda.gov/fdd

100354 – SWEET POTATOES, FROZEN, MASHED, 5 LB

USES AND TIPS	<ul style="list-style-type: none">• Heat mashed sweet potatoes with added spices, other vegetables or fruits.• Use in soups or in baked goods such as sweet potato pie or sweet potato bread.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none">• Do not refreeze sweet potatoes.• Cook foods to the appropriate end-point temperature as specified in your School Food Safety Plan, which should meet your State and local health department requirements.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none">• For guidance on how to effectively manage, store, and maintain USDA Foods, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm.• For additional information on product dating, go to page 13 of <i>Choice Plus Food Safety Supplement</i> at: http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf.

Nutrient values in the nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

USDA Nondiscrimination Statement: "The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, and marital or family status. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotope, etc.) should contact USDA's TARGET Center at (202) 720-2600 (voice and TDD). To file a complaint of discrimination write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 14th and Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice or TDD). USDA is an equal opportunity provider and employer."